

HOW TO USE A COVID-19 SELF-TEST KIT

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Each kit (box) has 2 tests inside. Use the tests if you have symptoms of COVID (fever, sore throat, cough, body aches, stuffy or runny nose, loss of taste or smell) or if you are going to be inside with other people who might not be vaccinated or might not be wearing masks. If you test negative the first time you should use the 2nd test 24 hours later to test yourself again. If you test positive the first time you do not need to test yourself again 24 hours later and can save the test for someone else or another time.

WHAT TO DO IF I TEST POSITIVE

If you test positive either the 1st or 2nd time then you should isolate yourself. This means to stay home and to stay away from others in your home. If you must be in the same room with someone else in your home you should both wear a well-fitting mask. Pay attention to your symptoms and get rest and fluids. If you have trouble breathing, persistent pain or pressure in your chest, new confusion, or have trouble staying awake you should seek emergency medical care. Even if you don't have any symptoms you should stay away from other people for at least 5 days. If you have symptoms you should stay away from other people for at least 5 days from the date you took the test and until you start to feel better and don't have a fever, for at least 24 hours. You should continue to wear a well-fitting mask when you are around other people for at least 5 more days. *Children who attend school or daycare should isolate for full 10 days*

WHAT TO DO IF SOMEONE IN MY HOUSE OR SOMEONE I SPEND TIME WITH TESTS POSITIVE

If you are not vaccinated, or if you got your initial vaccination of Pfizer or Moderna more than six months ago, or if you got your initial vaccination of J&J more than two months ago, and you have not yet gotten a booster shot, then you should stay home and limit your contact with other people in the house for 5 days and continue to wear a well-fitting mask when you are around other people for an additional 5 days. If you have gotten your booster shot then you do not need to stay home but you should wear a well-fitting mask when you are around other people for at least 10 days. No matter what your vaccine status, you should monitor for symptoms (fever, sore throat, cough, body aches, stuffy or runny nose, loss of taste or smell) and get tested if you don't feel well.

WHAT TO DO ABOUT YOUR TEST RESULTS

You do not need to report your test results but if you test positive you should tell your employer that you must stay home for at least 5 days and you should tell your close contacts (people you have spent time with) that you have COVID-19, so that they can get tested and protect others, too. In addition, if a child who attends daycare or school tests positive, you should inform the institution.

HOW TO PROTECT YOURSELF FROM COVID

There is a lot of COVID in the community right now and it can be hard to know when or where you might be with someone who is positive, but there are things you can do to lower the chance that you will get seriously ill from COVID. By getting vaccinated and boosted, wearing a well-fitting mask when you are around other people, limiting your time with people who are not wearing masks and staying home when you don't feel well you can help lower the number of people who end up in the hospital or die from COVID.



For more information about COVID-19, please visit www.FVHD.org or ct.gov/DPH.